

TideLines

News from SHOAL Centre



10030 Resthaven Drive, Sidney, BC V8L 3G4
Monday – Friday: 8:30am – 9:30pm; Saturday: 8:30am - 4pm
Phone: 250-656-5537 Web: www.beaconcs.ca

December 2016

Find the TideLines newsletter on our website at www.beaconcs.ca

Thank You...

... to Shoppers Drug Mart for offering flu shots – hundreds of people were inoculated during the two afternoons the clinics operated at SHOAL Centre.

... to our volunteers Liz Savage and Angela Smith-Rolfe for their dedication in decorating the Centre's stairwell bannister in Christmas garland.

... to Amy Smart for once again creating the Red Hatter tree in our front lobby – always a delightful focal point over the holidays.

... to Linda Perron for donating a lovely bouquet of peacock feathers to the Crafts department; they will inspire some great creativity!

What's Inside

Mark Your Calendars	Pg. 1
Notices	Pg. 2
Activity Office News	Pg. 3
SHOAL Wellness Programs	Pg. 4
Chef's Corner/Food Services	Pg. 5
Volunteer Services News	Pg. 6
Youth Employment Program News	Pg. 6
Spotlight On...	Pg.7
Drop-in Schedule	Pg.8

Mark Your Calendars

Door Prize Winners at Our Annual Christmas Craft Fair

The Sidney Pier Hotel and Spa Gift Certificate for One Night's Stay: Mark Gowans

Thrifty Foods \$50 Gift Card: Trish Brooke

Save On Foods \$50 Gift Certificate: Ester Jarco

Tides at SHOAL Dining Room \$30 Gift Certificate: Janie Lucas

Shortbread Cookie House: Terrie Garscadden

Winter Quilt Silent Auction: Ione Poulson

What a wonderful way to launch the Christmas season – thank you to the above Sidney businesses for their generous door prize donations to help this fundraising event. A special thank you to all our activity leaders, members, volunteers and the public for supporting us through their attendance. You make a difference in our community! Photos on page 3.

Victoria Accordion Band Concert

Date: Sunday, December 4 **Time:** 2:30pm **Cost:** Free

Now part of our SHOAL membership, the Victoria Accordion Club will offer a concert in Auditorium A to celebrate the season, and showcase some junior musicians (Jelena Milojevic students) as well. A fun activity for a Sunday afternoon.

North Saanich Middle School Concert

Date: Tuesday, December 13 **Time:** 2pm **Cost:** Free

SHOAL is always pleased to host the students of North Saanich Middle School as they perform this annual concert, with jazz section, chorus and band, under the direction of Christine Sousa.

12 Days of Christmas Lunch with "Bill and the Kids"

Date: Tuesday, December 20 **Time:** Doors open at 12pm, Aud. A **Cost:** \$15

This will be an entertaining experience! Musician Bill Kent and two young performers, along with sax player Earl Hagen, will take to the stage after you've enjoyed one of Chef Karen's meal creations (see menu on page 5). We will also offer some 12 Days of Christmas surprises we know you'll enjoy! Tickets now on sale. Purchase a table of 8 and get one ticket free. VISA, MasterCard accepted, or drop by the Centre with debit or cash.

Merry Christmas and Happy New Year
from the Staff, Volunteers, Members and Residents
of SHOAL Centre!



From the Director's Desk

Glenys Cavers, Director of Thrift Shops and SHOAL Centre
Beacon Community Services

Phone: 250-656-5537 ext. 102

E-mail: gcavers@beaconcs.ca

SHOAL Centre is a wonderful place to spend time in December with special events and activities. Our kitchen staff are busy planning a turkey dinner with all of the trimmings for Christmas Day. Please make sure you call to reserve your table early.

We will be selling Chef Karen's shortbread and mince tarts at the Tuck Shop in December again this year...great for serving to holiday visitors! Drop by and visit our Tuck Shop volunteers Monday to Friday from 9am - 3pm.

I would like to thank all of our staff and volunteers for their hard work throughout the year; it makes SHOAL Centre a welcoming place for our community. Happy Holidays!

Notices

Holiday Hours

SHOAL Centre will be closed from Saturday, December 24 to Tuesday, December 27 inclusive. The Centre will be open December 28, 29 and 30 for regular day and evening hours, and will be closed on Monday, January 2, 2017. The *Tides* at SHOAL Dining Room will be open for regular hours for lunch and dinner, throughout the holidays, and will serve a special Christmas Day turkey dinner, by reservation only. See details on the Chef's Corner, page 5, as well as details on a special New Year's Day dinner.

Drop-In Fee Increase

Please note that effective January 1, 2017, drop-in fees will be increased to \$2 for members and \$3.50 for non-members; fitness classes \$4.50 for members, \$5.50 for non-members. As costs of operating such a large, not-for-profit Centre as SHOAL increase, we're striving to keep costs reasonable for both members and the public while being fiscally prudent. Thank you for your continued support.

Lions Club Donation

Once again, we wish to thank the Sidney Lions Club for their generous support of the White Cane Club, which meets at SHOAL on the first Thursday of each month. The Lions Club donated \$500 to help defray rental costs.

Christmas Shopping at Beacon Community Services

Giving to others is so much part of the spirit of Christmas. In purchasing gifts from Beacon Community Services, you are giving to your community, as well as to the loved one or friend for whom your gift is intended. Here at the Centre, you can choose from a \$46 gift membership, meal cards for lunch or dinner in the Dining Room, fitness economy coupons (for members only), Tuck Shop coffee cards, and a myriad of gifts from our lobby display cabinet. You can also shop at any of Beacon's seven Thrift Shops throughout the Saanich Peninsula and Victoria, with proceeds going towards local programs and services delivered by Beacon. Or, you can give a donation to Volunteer Services on someone's behalf – a great way to bestow a different kind of gift.

United Way Campaign a Success

Beacon staff believe in giving back to our community, including through our annual workplace fundraising campaign for local United Way programs. This fall, a committee of staff volunteers organized a series of barbecues and fundraisers to support the cause. Beacon team members gave generously. Our total for this year's campaign – nearly \$13,000! That will go a long ways to help people and improve lives in our community. Thanks to everyone who made it possible (including community members who dropped by with donations and words of encouragement)!



SHOAL Activity Centre Annual Membership - \$46 per year (approx. 12¢ / day!)

- Reduced rates on drop-in programs and registered classes
- Includes a Beacon Community Services Membership
- Free seminars and workshops
- A 10% discount on facility rentals
- Use of Free Wireless Internet
- A free coffee and scone or cookie on your birthday

News from the Activity Office



Anna Hudson, Activities and Rental Coordinator

Phone: 250-656-5537, ext. 117
E-mail: ahudson@beaconcs.ca



Jennifer Van Es, Activities and Rental Coordinator

Phone: 250-656-5537, ext. 117
E-mail: jvanes@beaconcs.ca

Fitness Class Break

Fitness classes will be discontinued from December 28 to December 30 to allow our fitness instructors to enjoy the holiday season. The regular schedule resumes Tuesday, Jan. 3.

Drop-Ins to Note

Intro to Buddhist Meditation

Date: Mondays (ends December 12) **Time:** 6:30 - 7:45pm **Cost:** \$10.50

Tai Chi Qi Gong

Date: Tuesdays (ends December 6) **Time:** 10 - 11am **Cost:** \$12

Morning Yoga

Date: Thursdays (ends December 8) **Time:** 9 - 10am **Cost:** \$12

Women's Song Circle with Jewel Spooner

Date: Fridays (ends December 9) **Time:** 2 - 3:30pm **Cost:** \$6

Yoga in a Chair

Date: Fridays (ends December 16) **Time:** 12:30 - 1:30pm **Cost:** \$12

Saturday Sing-a-Long with Liz Taylor

Begins again January 7.

Movie Night

Date: Friday, December 9 (only one in December) - *A Christmas Carol*

Time: 7pm **Cost:** Members - Free; Non-members - \$2
Popcorn and pop available for \$1 each, Auditorium A.

Computer Clubs (by appointment only)

Dates: Every Friday (and 2nd and 4th Wednesday each month)
Time: 1 - 3pm **Cost:** Members - \$1.75; Non-members - \$3.25
Closed December 23 and 30. Please call the week leading up to the date you plan to attend to book your appointment.

Come enjoy live entertainment at our 12 Days of Christmas Lunch, Tuesday, December 20 in Auditorium A. See front page for details.

A huge thank you to all those who took part in our 10th annual craft fair. From the bake sale by the Sidney Single Seniors to our woodworking shop, hundreds of items were created for sale to help support activities and programs at SHOAL. Our Christmas hats off to everyone for our best efforts to date, raising over \$4,000 for the Centre!



Upcoming Workshop

Bear and Cougar Awareness

Date: Thursday, December 1 **Time:** 10am - 12pm

Cost: Members - Free; Non-members - \$3.25

Bear and cougar attacks are increasing, even in urban environments. Join speaker Ken Maxwell to learn how to recognize dangerous situations and how to avoid them. Be proactive – protect yourself from wildlife attacks!

Profile – Lorrie McGrath



Lorrie McGrath is our Dementia Caregiver's Support Group Facilitator and we are pleased to have her as part of our initiative to provide programs and resources for those who care for someone with dementia.

Lorrie has a background in health care, specifically Home Nursing Care and O2 Programs with the Health Units in Coquitlam and latterly with Quick Response Team in Victoria. Lorrie and her husband moved to the Island in 1996; subsequently, she left the health care system and worked for North Island College in the Comox Valley – until a diagnosis of Alzheimer's disease, along with other health issues, facilitated a move back to Victoria where her husband was closer to services that supported his status and diagnosis.

Having extensive experience in health care as well as pastoral care (being an ordained pastor) Lorrie is well acquainted with support groups and individual counselling. And, coping with her husband's dementia uniquely equipped her to understand the personal impacts on those who have dementia and their caregivers.

Following her husband's passing in 2008, Lorrie became a volunteer with the Alzheimer's Society where she is trained as both an Education Facilitator and Support Group Facilitator. Lorrie is still active with the support group facilitation in Sidney.

Lorrie's story and experience is a testimony to the fact that: "It has been tried and proven that people going through the same type of challenges related to coping with dementia can help each other immensely!"

Dementia Caregiver's Support Group

"I'm so tired, I need a break..." Well, if you are a caring for someone who has been diagnosed and living with dementia, then this opportunity to attend a Dementia Caregiver's Support Group here at SHOAL, may be just what you need!

This new Dementia Caregiver's Support Group is based on a "mutual-aid" model, already used and adapted by other caregiver groups to provide support for those living with dementia. It has been tried proven that people going through the same challenges related to coping with dementia, can help each other immensely.

Where: SHOAL Lounge

When: 2nd Wednesday of each month

Time: 1:30 – 3pm (*note change in time*)

SHOAL Wellness Programs

Be Well Clinic checks blood pressure and glucose every Monday in Auditorium A, 1 - 2pm. Admission by donation.

Better Breathers Program for those with breathing difficulties, is held the fourth Monday of each month in Auditorium B. There will be no meeting in December. The next meeting is Monday, January 23, 1:30 - 3pm. For information please call Kelly Ablog-Marrant at the BC Lung Association at 1-800-665-5864.

Dementia Caregiver's Support Group for those who are caring for someone with a diagnosis of dementia, meets the second Wednesday of the month. Next meeting is Wednesday, December 14, 1:30 - 3pm (*note change in time*).

Free Legal Clinic held on the first Thursday of each month, 1 - 4pm. Book your 30 minute appointment in advance by calling us at 250-656-5537. The service is provided by Gordon W. Benn, Senior Partner of Perlman, Lindholm, Barristers and Solicitors. The next clinic is Thursday, December 1.

White Cane Club meets at SHOAL for those with vision impairment, on the first Thursday of each month. The next meeting is Thursday, December 8 (*note change in date from December 1*), 1:30 - 3pm. This will be our Christmas gathering with entertainment.



Chef's Corner

Chef, Karen Taylor

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

December and Christmas are around the corner. Last year I made 2,000 shortbread cookies and 1,500 sweet mince tarts. This year I'm expecting to surpass that amount. I went through 1,000 lbs of turkey, and a lot of my mom's homemade stuffing recipe. It's a secret! I will be serving it again with roast turkey throughout December's Christmas events. This year again we are offering a full Christmas turkey dinner with all of the trimmings on Christmas Day in our SHOAL Dining Room. I strongly advise you all to make reservations as I know we will sell out. I wouldn't want anyone to be disappointed and miss out!

I am giving you all a Christmas cookie recipe, which I have used since my children were small – we always make cookies together and decorate them (I think maybe there was more icing and sprinkles everywhere than on the cookies!).

Christmas Cut-Out Cookies

- 1/3 cup shortening
- 1 cup white sugar
- 1 egg beaten
- 1/2 tsp baking powder
- 1/2 tsp salt
- 2 1/2 cups sifted flour
- 1/2 cup milk
- 1 tsp vanilla

Beat shortening and sugar. Mix all dry ingredients into a bowl. Beat egg with the milk. Add half of the dry mix and half of the egg mixture to the sugar and shortening add the rest and blend well. Roll onto a floured counter to 1/16 inch thick, cut out Christmas shapes with cookie cutters. Bake on a floured tray at 350 degrees for 15 minutes or until the edges start to turn brown: be careful not to burn them. Let cool and decorate with icing, sprinkles or whatever you choose.

Christmas Dinner

December 25 – Tides at SHOAL Dining Room

Roast Turkey Dinner with all the trimmings

This is a reservation-only event (call 250-656-5537), with two sittings: 4pm and 5:30pm

Dining room hours will be extended to 6:30pm.

\$12 for Small Portion; \$17 for Full Portion (meal cards plus \$2 accepted)

SHOAL Activity Centre Members' Birthdays

If you are a current SHOAL Activity Member, you can drop by on the day of your birthday to receive a gift certificate for a free hot beverage and a cookie or scone at the Tuck Shop. Come during the week preceding a Saturday or Sunday if you have a weekend birthday. We would love to acknowledge your special day!

12 Days of Christmas Lunch

Tuesday, December 20

Doors Open at 12pm • Lunch at 12:30pm • Auditorium A

Christmas Turkey Pot Pie with Gravy

Creamy Cheese Tortellini

Caesar Salad

Dinner Rolls

Holiday Chocolate Cake with Cream Cheese Icing

Music entertainment by "Bill and the Kids"

Plus 12 Days of Christmas Surprises

Tickets: \$15 • Call 250-656-5537

Purchase Table of 8 and get one ticket free!

Tides at SHOAL Dining Room is open seven days a week for lunch (12 - 1:30pm) and dinner (4:30 - 6pm). The public is welcome and reservations can be made by calling the main SHOAL number: 250-656-5537.

Dining Room Prices for Meals & Meal Cards

	Single Meal	Cards for 15 Meals	Two Cards for 30 Meals
Full Lunch	\$10.00	\$135	\$255
Small Portion Lunch	\$7.00	\$101.25	\$202.50
Full Dinner	\$15.00	\$202.50	\$375
Small Portion Dinner	\$10.00	\$142.50	\$285

All prices include tax, and gratuities are gratefully declined. Refund Policy: We regret that we are unable to issue refunds for meals remaining on unused cards.

Christmas Shortbreads and Mince Tarts Until December 23

The Tuck Shop will continue to sell Chef Karen's made-from-scratch shortbread cookies right up to Christmas. A great bargain – 6 cookies for just \$4. And mince tarts – 6 tarts for \$5. These are really popular sellers so take advantage while they last!

Merry Christmas



Volunteer & YEP News

Sara Lawton, Volunteer Services & YEP Coordinator

Phone: 250-656-5537 ext. 118
E-mail: slawton@beaconcs.ca

Deb Greenaway, Direct Volunteer Services Coordinator

Phone: 250-656-5537 ext. 106
E-mail: dgreenaway@beaconcs.ca



YEP News

YEP Hard at Work for the Christmas Craft Fair

Students were busy creating new gift tags from recycled Christmas cards at the SHOAL Centre. These gift tags were sold at the Christmas Craft Fair held at SHOAL in November. They were a fundraiser for YEP programs such as First Aid and Food Safe.



Volunteers Needed

Friendly Visitors

Volunteer Services is looking for volunteers for our Friendly Visitor program. Seniors in our community are matched with a friendly visitor who donates time each week for regular visits.

Co-facilitator, Dementia Caregiver Support Group

Provide caregivers of those living with dementia a safe, accepting environment to share and find ways to cope with living with dementia. This position requires the following competencies: (1) Good listening and interpersonal skills (utmost importance); (2) Self-confidence plus empathetic, positive outlook; (3) Good time management skills; (4) Facilitation skills. Knowledge of dementia an asset. SHOAL Centre, every second Wednesday of each month.

Please call Sara at 250-656-5537, ext. 118, or email slawton@beaconcs.ca to learn more about these or other opportunities.

Welcome New Volunteers

Babies/Children: Amy Renaud

Medical Drivers: Carolyn Chandler, Brendan Hughes, Bill Postma

SHOAL Activities: John Campbell, Fiona Ireson

SHOAL Craft Fair: Connie Birnbaum, Susan McDonald

SHOAL Reception: Carolyn Chandler, Katherine Imrie

Thrift Shop Sidney 1: Alberto Cantero Sevilla, Birgit Larsen, Sharon Nolin, Susan Siems, Nicole Winning

Thrift Shop Sidney 2: Jennifer Simons

Thrift Shop Sidney 3: Nicole Winning

Thrift Shop Victoria 1: Shaelyn Bird

Volunteer Visitor: Fiona Ireson

“Coffee’s On” Drop-in coffee morning for our Volunteer Drivers and Schedulers is on the first Tuesday of every month. Drop by the Lounge anytime between 10am and noon. The next date is **Tuesday, December 6**. Hope to see you there!

Volunteer News

BCS Volunteer Recognition Lunch – December 2, 12pm

Volunteers are the backbone of Beacon Community Services – we are so grateful for all they do to help people and improve lives in our community each day. We get together to honour Beacon volunteers twice a year, and our next Volunteer Recognition Lunch is coming up on Friday, December 2 at 12pm here at SHOAL Centre. This year, we will enjoy entertainment by the Butchart Gardens Carollers. This is an RSVP event.

Better at Home

Our Better at Home programs continue to grow. Volunteer drives, visiting, light housekeeping and handyman services are provided. If any of these services might be of benefit to you, please call Deb at 250-656-5537, ext. 106, or come by SHOAL Centre.

handyDART and Taxi Saver Applications

Did you know we are able to help you complete your handyDART application, and take your photograph right here at SHOAL Centre? Once the application is complete, we can fax it to BC Transit on your behalf, and when your ID# has been issued, we send your photograph down to Taxi Savers for your handyPASS to be issued.

Sidney Single Seniors 55+

Are you 55 or older and single? The Sidney Single Seniors 55+ might be the perfect fit for you. There are presently about 90 members, both men and women, from the Saanich Peninsula.

There will be no meeting during December, so our next meeting will be Wednesday, January 18 at 2pm in Auditorium B at SHOAL Centre. Our annual Christmas luncheon will be on Wednesday, December 14 at the SHOAL Centre.

For more information call Gillian Else at 250-656-3971.



17th Annual Christmas Day Peninsula Community Dinner **Sunday, December 25** *In Memory of John Mackelson and Jeanette Hughes*

The Christmas Day Peninsula Community Dinner is a Sidney tradition that continues this year at Mary Winspear Centre. The dinner is for people of all ages who would otherwise be alone on Christmas – not only singles, but couples and any newcomers to the Peninsula who don't have relatives or whose families are far away.

Caterer Clara Knight, along with more than 30 volunteers, will ensure that the event runs smoothly. Dinner with all the trimmings will be served from 11am until 2pm. Extra seating will be provided for those wishing to stay and enjoy the music after dinner, to free up the tables for others.

Entertainment and Santa will be there to add to the merriment and give out gifts.

Register in advance between November 24 and December 20 for the 11:30am or 1:00pm seatings by calling Wendy at 250-656-7678 during the day. Please give complete details and whether you need a ride.

Special thanks to the Mary Winspear Centre for donating the space, and to the three major food contributors: Fairway Market, Save on Foods and Thrifty Foods. Thanks to Breadstuffs Bakery in Brentwood as well for the desserts. The Community Christmas Dinner Committee is responsible for the success of the event, co-ordinated by Wendy Warshawski (registration), Isabel Yoxall (volunteers), Jim Dunn and other Lions Club members (providing rides).



SHOAL Activity Centre Weekly Drop-In Schedule

Tuck Shop Open: 9am - 3pm; Evenings: 6 - 7pm; Board Games in the Lobby

Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
Billiards - 8:30am - 9pm Woodworking Shop - 8:30am - 9pm Moderate Strength - 8 - 9am Balanced Strength - 9 - 10am Oil/Acrylic Painting - 9am - 12pm Table Tennis - 9:30am - 12:30pm Stretch & Strength - 10:15 - 11:15am Weaving - 10am - 12pm Competitive Play Table Tennis - 12 - 3pm Cribbage - 1 - 4pm Be Well Clinic - 1 - 2pm Mah Jong - 1 - 4pm Better Breathers - 1:30 - 3pm <i>- 4th Monday</i> Contract Bridge - 6:15 - 9:45pm <i>- Singles Welcome</i> Meditation - 6:30 - 7:45pm (\$10.50)	Billiards - 8:30am - 9pm Woodworking Shop - 8:30am - 9pm Faceting and Lapidary - 9am - 12pm Tai Chi (\$12/class) - 10 - 11am Chair Fit - 11:30am - 12:30pm Duplicate Bridge - 12:45 - 4pm Table Tennis - 1 - 3pm Crafts/Knitting - 1 - 3pm Pacific Palettes - 1 - 4pm <i>- By referral only</i> Table Tennis - 6:30 - 9pm	Billiards - 8:30am - 9pm Woodworking Shop - 8:30am - 9pm Moderate Strength - 8 - 9am Balanced Strength - 9 - 10am Table Tennis - 9:30am - 12pm Stretch & Strength - 10:15 - 11:15am Clay Works - 10am - 2pm Competitive Play Table Tennis - 12 - 3pm <i>- 1st and 2nd Wednesday</i> Weaving - 1 - 3pm Contract Bridge - 1 - 4pm <i>- Foursome Required</i> SHOAL Portrait Painters - 1 - 4pm Computer Club - 2 - 4pm (2nd & 4th Wed.) Sidney Single Seniors - 3rd Wednesday Duplicate Bridge - 6 - 9:45pm <i>- Partner Required</i> SWNAJ Music Group - 7 - 9:45pm	Billiards - 8:30am - 9pm Woodworking Shop - 8:30am - 9pm Carving - 8:30am - 12pm Yoga (\$12/class) - 9 - 10am Silversmithing and Lapidary - 9am - 12pm Chair Fit - 11:30am - 12:30pm Games and Social - 1 - 3pm <i>- 1st and 3rd Thursday</i> Pickle Ball - 1 - 3pm Practice Bridge - 1 - 4pm Clay Works - 1 - 4pm Table Tennis - 6:30 - 9pm	Billiards - 8:30am - 9pm Woodworking Shop - 8:30am - 9pm Moderate Strength - 8 - 9am Balanced Strength - 9 - 10am Table Tennis - 9:30am - 12pm Ceramics - 10am - 3pm Stretch & Strength - 10:15 - 11:15am Competitive Play Table Tennis - 12 - 3pm Chair Yoga (\$12/class) - 12:30 - 1:30pm Progressive Contract Bridge - 1 - 4pm <i>- Singles Welcome</i> Computer Club - 1 - 3pm Knitting/Crafts - 1 - 3pm Women's Song Circle (\$6/class) - 2 - 3:30pm Duplicate Bridge - 6 - 9:45pm <i>- Partner Required</i> Movie Night - 7 - 9pm (see page 3)	Saturday Sing-a-long - 2 - 3pm <i>- Back in January</i> Sunday Accordion Club - 2:30 Concert Sunday, December 4 Duplicate Bridge - 12:45 - 4pm <i>- Partner Required</i>
<p><i>All Activity times are subject to change.</i></p>					